

August 2009



City of Hartford Department of Health and Human Services



Eddie A. Perez
Mayor



Carlos Rivera
Director

Basketball in Hartford

Basketball is one of the most popular sports in the world and one of the most widely viewed. As well as being a great way to stay fit, basketball can also:

- Help you make new friends and see them regularly
- Teach you about being a good team player
- Be played by people of all ages and all abilities
- Be played all year round
- Be a lot of fun!

The Hartford Department of Health and Human Services, Recreation Division offers programming in basketball for all ages! The following leagues are active and playing this summer.

1. **Hartford Girls Summer Basketball League**, Divisions 8-10, 11-13 and 14-18
2. **Mayor's Men Summer Basketball League**, Division 16 and older
3. **Hartford Summer Youth Basketball League**, Divisions 8-10, 11-13 and 14-18

Registration for Fall leagues begins Aug 3rd.



Summer Lunch Program

Hunger doesn't take a summer vacation. In order to reduce hunger among Hartford's school children during this season, the Recreation Division runs a number of sites for the Summer Lunch Program, offering healthy meals for children and youth 18 and under.

Free meals are available at various schools and Summer Lunch Program sites throughout the city until Friday, August 21st. Some sites serve breakfast as well. To find out the nearest location to receive a nutritious meal this summer, call the **Recreation Division at 860-543-8876.**



Be active your way. Choose physical activities that you enjoy and are more likely to do frequently.

Swimming in the City

Did You Know?

- Swimming stimulates circulation
- Swimming is great exercise because water resistance is greater than air resistance, so your muscles work harder.
- Swimming promotes proper breathing
- Regular swimming will build your muscle strength, endurance, and cardio-vascular fitness.

The City of Hartford offers great swimming at 6 pools that are available to all Hartford residents. A comprehensive roster of organized activities, lessons and open swim times for young and the young-at-heart keeps our pools busy! We offer lessons for all ages, even toddlers! Our swim programs help many young residents develop their skills, increase their physical activity and develop self-esteem.



Hartford's outdoor pools at Colt, Keney, Goodwin and Pope Parks are open until August 23rd. Our summer schedule is:

Monday to Friday	12pm—7pm
Weekends and Holidays	12pm — 6pm

Call the Hartford Recreation Division at **860-543-8876** to get a detailed schedule for lessons, lap swims, children and adult recreation swim times and competitive swim meets.

Urban Adventurers!



In partnership with Riverfront Recapture, HHS Recreation Division is sponsoring the first Hartford "Urban Adventures" experience for 15 to 20 children and youth, ages 8 to 14. The primary goal of this program is for youth and children and their parents/guardians to learn more about personal health and wellness while improving their social skills through experiences within the Greater Hartford Region's rich outdoor environment. Participants will engage in activities that will promote proper nutrition and wellness skills while fostering teamwork, trust and

cooperation. Parents/guardians and youth/children will work together to strengthen their relationships. Hartford residents that attend our Recreation Centers, between the ages of 8 and 14, will be eligible to apply for this fantastic 8 week program!

Applications will be accepted beginning Monday, August 10 at any of our Recreation Centers.

Coming Up!

The Hartford Department of Health and Human Services Division is busy year round! Be on the lookout for our new offerings including:

- **Flag Football.** For ages 10 to 14. Registration begins Monday, August 17
- **Girls Volleyball.** For ages 10 to 14. Registration begins Monday, August 17
- **Tee Ball.** Clinics coming in the Winter of 2009
- **Citywide Soccer League.** Coming in the Spring of 2010

Registration for all of our programs is available at our Recreation Centers or by calling us at **860-543-8876**

